



“Integrating Mindfulness Into Safe and Supportive Schools”

2016 School Health Leadership Institute
April 14, 2016

A safe and supportive school environment can improve education and health outcomes. School climate, social and emotional learning, interpersonal skills, relationships, inclusiveness, mental health and physical safety are key elements in creating such an environment. Integrating mindfulness into your school curriculum helps calm and relax students, build compassion and empathy, and reduce stress. Mindfulness is a powerful tool to improve the environment and directly impact learning and wellness.

*Attending the one day seminar, or the evening program, is **FREE** to school district personnel and will provide resources and skills to take back to your school or district and become the best you can be.*

ACT 48 CREDIT AVAILABLE

FULL DAY PROGRAM

April 14, 2016 • 8:00 am – 4:00 pm • West Chester University, Graduate Business Center

- 8:00 – 8:30 **Registration and Breakfast**
- 8:30 – 11:00 **Elements of a Safe and Supportive School**
Links between health and learning; and strategies and resources to implement safe and supportive schools.
- 11:30 – 12:00 **Mindfulness 101**
Introduction to mindfulness; WCU Center for Contemplative Studies co-founders, Don McCown and Christine Moriconi.
- 12:00 – 12:30 **Lunch**
- 12:30 – 3:00 **“Integrating Mindfulness Into Your Classroom”**
Holistic Life Foundation founders, Ali and Atman Smith, Andres Gonzalez (www.hlfinc.org)
- 3:00 – 4:00 **Evaluation, Closure**

EVENING PROGRAM *(Repeat of mindfulness portion)*

April 14, 2016 • 6:30 pm – 8:30 pm • West Chester University, Brandywine Hall, Room 031

- 6:30p – 8:30 **“Integrating Mindfulness Into Your Classroom”**
Holistic Life Foundation Founders, Ali and Atman Smith, Andres Gonzalez www.hlfinc.org with introduction by Don McCown and Christine Moriconi

TO REGISTER: [2016 Leadership Institute](#)

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